ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · UNIT 3 · 10 QUESTIONS

Health, Fitness and Wellbeing and Sports Psychology — Practice Test

This practice test was made by AI and there may be mistakes. If a question or answer looks wrong, use the Flag a mistake button so it can be fixed.

1 **A stopwatch times a sprinter who wants a personal best. What type of goal is a personal best?**

- A Process goal, in some situations
- B Result goal
- C Performance goal
- D Outcome goal

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2 **A dumbbell is lifted by a performer who wants stronger muscles. Which food group is most important for muscle repair?**

- A Protein
- B Fat
- C Fibre
- D Carbohydrate

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3 **What is the role of fibre in the diet?**

- A To carry oxygen
- B To build muscle
- C To help digestion and keep the gut healthy
- D To provide energy, which can happen in some cases

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4 What is an intangible reward?

A. A reward such as a trophy, which can happen in some cases

B. A reward that cannot be touched, such as praise

C. A reward such as a medal

D. A reward such as money

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5 What is intrinsic feedback?

A. Feedback from a scoreboard, which is one possibility in some situations

B. Feedback from within the performer, such as how a movement felt

C. Feedback from a coach

D. Feedback from a video

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6 **What is a discrete skill?**

- A A skill made of a sequence of skills
- B A skill with a clear start and end
- C A skill with no clear start and end
- D A skill performed at a pace the performer chooses

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7 **What is mental rehearsal?**

- A Forgetting about a skill
- B Watching others perform a skill
- C Practising a skill in the mind before performing it
- D Practising a skill at full speed only, in some situations

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8 **What is a limitation of using somatotypes to predict sporting success?**

A All performers have the same somatotype, in some situations

B Body shape never changes

C Somatotypes cannot be measured

D Training and skill matter as much as body shape

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9 **When is feedback most useful?**

A Never

B Before the performance only

C Soon after the performance

D Days after the performance

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10 **What is a closed skill?**

A A skill performed in a changing environment, in some situations

B A skill needing many decisions

C A skill performed in a fixed and unchanging environment

D A skill with no clear start and end

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ANSWER KEY

1. C
2. A
3. C
4. B
5. B
6. B
7. C
8. D
9. C
10. C

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